

Low Kick Kickboxing Rules

Legal Strikes/Techniques: Amateur Low Kick

- Closed fist or back fists.
- Kicks to legs, body, and head
- Sweeping: Sweeps (*with instep of foot*) are allowed and a fighter may "KICK" his/her opponents supporting leg with the top of their foot or shin.

Explanation of Knockdowns or Standing 8 Count:

Standing 8s and knockdowns *MAY* be determined by the referee if the fighter is knocked down or stunned as a result from opponent's damaging strikes.

Turning your back on your opponent will result in a standing 8 count.

Balance shots where the knocked down fighter rises up immediately after being knocked down *MAY* not be counted as a knockdown or standing 8 count if determined by the referee to be a balance shot. However, if the knocked down fighter does not get up immediately, this may result in a standing 8 count even if originally deemed a balance shot.

Throws/Sweeps are never considered knockdowns.

Along with legal kicks and punches above the waist, contestants may also kick to the legs, but not to the knee.

B. Leg sweeps, boot to boot, to the inside and outside of the contestant's foot (not above the ankle) are permitted.

C. Kicks may be made with the shin or foot.

D. Kicks to the inside and outside of the contestant's legs are permitted.

E. Direct sidekicks to the legs are not permitted.

F. Foot pads are not permitted. Shin pads may be worn but are not mandatory. If used, shin pads must be made of a soft material (dipped foam or cotton) and must be secured to the shin with elastic straps and medical athletic tape.

Fouls: Amateur Low Kick Kickboxing

- Knee strikes
- Elbow strikes
- Clinch and neck wrestling
- Stepping on a fallen opponent. Twisting and pulling an opponent over the side of your body (*and then landing on top*).
- Illegal Trip: It is not permitted to position your foot next to your opponent and twist them over your stationary foot. You must clear the leg as your opponent falls or it is an illegal trip. An athlete *CAN* spin or pull an opponent over the inside or outside of the leg and dump him on the ground. However the leg being used to manipulate and dump the opponent to the ground can *NOT* stay in that position as the opponent goes to the floor. If it is set and stays in that position, that too is an illegal throw (*tripping*). In other words, the leg must clear immediately after the opponent is pulled or tripped over the knee. Clear means that the leg must be moved out of the way *BEFORE* the opponent hits the canvas. This means skipping the leg or slightly jumping to the side (*as long as it is moved from the original position*). Strangely, this means an athlete can trip over a leg but must move the tripping leg while the opponent falls to the ground, or it will be deemed illegal and called a trip.
- Lifting: It is not permitted to lift an opponent off of the ground in any way to throw them.
- Plowing: It is not permitted to take multiple steps forward after catching opponent's leg driving them into ropes
- Intentionally falling on top of an opponent to either strike with their knee or to intentionally hurt their opponent, by making it look like an accident.

A. The following are considered fouls:

1. Head butts.
2. Punches to the back of the head.
3. Striking to the spine area.
4. Slapping (striking with the lace side of the glove).
5. Spitting.
6. Biting.
7. Holding the opponent's head or arm and hitting, unless permitted by this chapter.
8. Knee strikes unless permitted by this chapter.
9. Strikes to the knees.
10. Elbow and forearm strikes unless permitted by this chapter.

11. Palm heel strikes.
 12. Joint attacks.
 13. Take downs, throwing or grappling unless permitted by this chapter.
 14. Clubbing.
 15. Strikes to the groin area.
 16. Spinning sweeps (boot to boot sweeps are allowed as long as the user does not spin).
 17. Karate chopping style strikes.
 18. Striking the opponent while he has slipped or fallen to one knee or more.
 19. Using abusive language.
 20. Attacking on the break.
 21. Striking after the bell that had indicated the end of the round.
 22. Pushing or shoving unless permitted by this chapter.
 23. Grabbing or holding onto an opponents leg, foot, or any other part of the body unless permitted by this chapter.
 24. Spinning forearm or elbow. A spinning backhand is allowed. It must strike with the legal striking area of the glove. This portion is limited to the tapeline at the wrist to the end of the glove. It does not include either side of the glove or wrist.
- B. Referees are responsible for enforcing the rules of the contest and shall not permit fouls or other unfair practices that may cause an injury to a contestant. Referees shall warn contestants who commit fouls during the contest.
- C. If a contestant commits a foul in the ring, the referee shall have the discretion to determine the following:
1. Give the contestant who has fouled a warning.
 2. Deduct one to three points from the contestant who committed the foul. The number of points to be deducted shall be determined by the referee based on his determination of the severity of the foul and its adverse effect on the opponent and shall be reported to the judges and both contestants as soon as practical. The points shall be deducted from the score of the round in which the fouls were committed.
 3. Disqualify the contestant who committed the foul.
- D. Any contestant who commits a foul after being warned by the referee may have points deducted by the referee or may lose the contest by disqualification by the referee.
- E. The referee shall stop the contest when he determines that a foul has occurred and determine whether the fouled contestant is able to continue. The referee may order the contest suspended for a reasonable period of time to allow the fouled contestant to

recover if the referee determines the contestant's chance of winning has not been seriously jeopardized.

F. The referee shall inform the event inspector or his designee of any accidental foul.

The referee shall stop a contest when it is determined that an injury resulting from an accidental foul is so severe as to adversely affect the fouled contestant's chances of winning. Except as provided in subsection H of this section, the contest shall be a draw if the accidental foul occurs during the first four rounds of a bout scheduled for more than four rounds or before the half-way point of a bout scheduled for four rounds or less. The contest shall be determined by a tabulation of the scores of the completed rounds if after the fourth round of a bout scheduled for more than four rounds or after the middle of a bout scheduled for four rounds or less.

G. The referee shall stop a contest when it is determined that an injury resulting from an accidental foul has been aggravated by fair blows. The outcome of the contest shall be determined by scoring the completed rounds.

H. If the contestant who committed the foul knocks out or causes injury to his opponent and the opponent is unable to continue the bout, the referee will stop the bout. The judges' score cards will be totaled and the decision of the bout will be announced. If the foul is committed in the first round and the fouled contestant cannot continue, the contestant who fouled will be automatically disqualified.

I. If a contestant is injured from a foul and the bout continues but is later stopped in any round after the first round because of additional injury to the fouled area, the judges' score cards will be totaled. If the contestant who committed the foul is ahead on the score cards the bout will end in a technical draw. If the contestant who was fouled is ahead, he will be awarded a technical win.

J. If a contestant becomes injured by something other than a foul or legal strike and the injury occurs in the first round, the bout shall be stopped and declared a no contest. If the injury occurs in the second round or beyond the judges will be asked to score the portion of the round. All judges score cards will be collected and tallied. If the injured contestant is ahead on the score cards he will be awarded a technical draw. If the noninjured contestant is ahead on the score cards he will be awarded a technical knockout (TKO).

Clothing and Equipment Guidelines: Low Kick

REQUIRED:

- Protective groin cup

- Protective mouthpiece properly fitted
- Chest protection/sports bra and pelvic girdle (females only)
- Handwraps
 - Tape permitted on wrists and hands, but not knuckles
 - Regular handwraps secured by tape permitted
 - Handwraps must be signed off by GCA representative
 - Bandaging of each contestant's hands shall not exceed one roll of surgeon's adhesive tape, not over 1-1/2 inches wide, placed directly on the hand to protect the part of the hand near the wrist. The tape may cover the hand but not extend within 3/4 inch of the knuckles when the hand is clenched to make a fist. Soft surgical bandage, not over two inches wide, held in place by not more than six feet of surgeon's adhesive tape for each hand shall be used. Up to one 10-yard roll of bandage may be used to complete the wrappings for each hand. Strips of tape may be used between the fingers to hold down the bandages, not to cover the knuckles. Bandages shall be adjusted in the presence of GCA official.
- 10oz Gloves (taped and signed off by GCA representative)
- Shorts (2 pair)
- For those matches that include a fighter with less than three (3) fights, headgear and shin guards will be required unless both parties agree to fight without it.

PERMITTED:

- Shin, instep, elbow, and/or knee supports
- Oil on face

PERMITTED APPAREL:

- Shirt

***FORBIDDEN:**

- Tape over knuckles
- Oil or grease on any part of the competitor's body (other than face & thai oil on legs)
- Apparel or equipment which includes metallic and/or hard plastic and/or edge or surface

Corner-men and Trainer Guidelines: Low Kick

- Every fighter is required to have at minimum one corner man and a maximum of two
- Must stay **seated** in their fighter's corner during rounds
- Must stay off the ring floor
- Must obey the referee at all times
- Must conduct themselves with appropriate and proper sportsmanship
- During round breaks, only one corner-man is allowed in the ring/cage.
- Corner-men may spray (not pour) water and apply ice to a fighter in between rounds. No other substance may be applied to the body. The following substances may be applied to cuts with referee observing: petroleum jelly, adrenaline hydrochloride, avitene, and thrombin. Corner-men are responsible to dry the corner area before the next round continues.

How to Win: Amateur Low Kick

- **Knockout:** Opponent is unable to intelligently defend himself following a strike
- **TKO:**
 - The physician or referee decides the opponent cannot continue due to a cut or other injury.
 - Opponent is taking excessive punishment, fails to show a willingness to continue, or for any reason the referee believes is necessary to preserve the fighter's safety
 - Opponent receives third 8-count within one round, 4th within bout.
- **Forfeit:** Opponent simply cannot or refuses to continue
- **Decision:** When the bout has ended after the specified time without a winner, the decision shall be determined by three judges.
 - Unanimous: All three judges award same contestant
 - Split decision: Two judges score for one contestant, one judge scores for the opponent
 - Majority decision: Two judges score for one contestant, one judges scores a draw
- **Draw:**
 - Unanimous draw – All three judges score the contest a draw
 - Majority draw – Two judges score the contest a draw
 - Split draw – All three judges score differently
- **Disqualification:** Opponent is disqualified by the referee

Bout Time Lengths: Amateur Low Kick

Non-Title Amateur Bouts:

Three (3) rounds, two (2) minutes each, with one (1) minute rest in between rounds.

Title Amateur Bouts:

Five (5) rounds, two (2) minutes each, with one (1) minute rest in between rounds.

Weight Classes: Amateur Low Kick

Weight Class	Weight in Lbs	Max Weight Spread	Glove sizes
Atomweight	112 & below	3 lbs - 1.36kg	8-10 oz
Flyweight	112.1 - 117	3 lbs - 1.36 kg	8-10 oz
Bantamweight	117.1 - 122	4 lbs - 1.8 kg	8-10 oz
Featherweight	122.1 - 127	4 lbs - 1.8 kg	8-10 oz
Lightweight	127.1 - 132	4 lbs - 1.8 kg	8-10 oz
Super Lightweight	132.1 - 137	5 lbs - 2.3 kg	8-10 oz
Light Welterweight	137.1 - 142	5 lbs - 2.3 kg	8-10 oz
Welterweight	142.1 - 147	7 lbs - 3.2 kg	8-10 oz
Super Welterweight	147.1 - 153	7 lbs - 3.2 kg	10 oz
Light Middleweight	153.1 - 159	7 lbs - 3.2 kg	10 oz
Middleweight	159.1 - 165	7 lbs - 3.2 kg	10 oz
Super Middleweight	165.1 - 172	7 lbs - 3.2 kg	10 oz
Light Heavyweight	172.1 - 179	7 lbs - 3.2 kg	10 oz
Light Cruiserweight	179.1 - 186	7 lbs - 3.2 kg	10 oz
Cruiserweight	186.1 - 195	12 lbs - 5.5 kg	10 oz
Heavyweight	195.1 - 215	20 lbs - 9.1 kg	10 oz
Super Heavyweight	215.1 and up	No limit	10 oz

Contestants are allowed a 1lb allowance when weighing.

GCA may approve catch weight bouts subject to their review and discretion.